Attitude Transition (??? To ???)

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-08:00		Prep for work
08:00-08:15		Daily planning conference (S-band))
08:15–08:55	CDR	Life support (???) maintenance
08:15–09:15	FE-1	Temporary Sleep Station (TESS): bracket installation
08:15–08:25		PCG-STES-007 cylinder deactivation
08:25–09:10	FE-2	Pulmonary Function in Flight (PuFF): setup and activation
09:10-09:40		NODE 1: installation of T-shaped seam supports
09:15–10:45	FE-1	Physical exercise (RED)
09:25-09:40	CDR	UF1 payload status check
09:40–10:45	FE-1	Potable water sampling
09:45–10:45	FE-2	Physical exercise (TVIS)
10:45–10:50	FE-2	TVIS weekly maintenance
10:45–11:45	FE-1	Physical exercise (TVIS)
10:50–12:20	FE-2	Physical exercise (RED)
11:10–11:30	CDD	IMS voice conference (S-band)
11:40–12:40	CDR	Physical exercise (TVIS-2)
11:45–11:50		TVIS weekly maintenance
11:55–12:25	FE-1	EXPPCS HDD R&R
12:25–12:40		ARIS R2 guide removal
12:40-13:40		LUNCH
13:40–14:00		ISS4/Astronaut Office conference (S-band)
14:00–14:20	FE-1	PuFF: initial calibration
14:00–15:00	FE-2	Packing return items for 8A
14:10–14:25	CDR	Regeneration of ? 2 absorbent bed in ??? (end)
14:30–15:30	CDR, FE-1	Configuring Ku-band for live TV coverage of Progress docking
15:00–15:30	FE-2	PuFF: standard test
15:30–16:20	CDR, FE-2	Task List activities
15:30–16:00	FE-1	WinSCAT (Spaceflight Cognitive Assessment Tool): test of cognitive abilities
16:00–16:30	F E - 1	PuFF: standard test
16:20–16:50	FE-2	WinSCAT cognitive abilities test
16:30–17:10	CDR	Video recording: panels 320/322/129 and ducts behind panels 339 & 340
16:30–16:50	FE-1	PuFF: final calibration
16:50–16:55		PuFF: data archive
16:50–17:20	FE-2	Transfer of ?VIS/IRED files to MEC
16:55–17:35	FE-1	PuFF: deactivation and stowage
17:10–17:20	CDR	Setup for video downlink

17:20–17:40		Downlink of pre-recorded video (panels and ducts)
17:20–17:35	FE-2	Transfer of MEC-CEVIS protocol data to CEVIS PCMCIA card
17:35–17:50	FE-1	Food questionnaire
17:35–17:40	FE-2	Setup for ham radio pass
17:40–17:50		Ham radio pass
17:40–18:15	CDR	IMS file prep
18:00–18:15	FE-2	Food questionnaire
18:15–18:45		Daily plan review
18:45–19:00		Prep for work
19:00–19:15		Daily planning conference (S-band)
19:15–19:30		Prep for work
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

NOTE: See OSTP for references to US activities

End of radiogram